

MARLEY SPOON



Fast! Sweet & Sour Daring Plant-Based Chicken

with Rice & Peanuts



ca. 20min



2 Servings

Inspired by our favorite Chinese take-out, this fast and flavorful dish hits all the right notes for a busy weeknight. We pair bell peppers and onions with quick-cooking plant-based chicken—but the magic is in the sweet and sour sauce! Pineapple adds brightness and chili-garlic sauce adds a kick of sweet heat. Crunchy peanuts and fresh cilantro garnish the top. The result is quicker than delivery, and tastier too!

What we send

- 5 oz jasmine rice
- 1 bell pepper
- 1 yellow onion
- 8 oz pkg plant-based chicken ⁶
- 2 oz sweet & sour sauce ⁶
- ¼ oz cornstarch
- 4 oz pineapple cup
- ½ oz chili garlic sauce
- 1 oz salted peanuts ⁵
- ¼ oz fresh cilantro

What you need

- kosher salt & ground pepper
- neutral oil

Tools

- small saucepan
- medium nonstick skillet

Allergens

Peanuts (5), Soy (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 730kcal, Fat 25g, Carbs 96g, Protein 33g



1. Cook rice

In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**. Bring to a boil, then cover and cook over low heat until rice is tender and liquid is absorbed, about 17 minutes. Remove from heat and keep covered until ready to serve.



2. Prep ingredients

Meanwhile, halve **pepper**, remove stem and seeds, and cut into 1-inch pieces. Halve **onion** and cut one half into 1-inch pieces (save rest for own use).



3. Sear veggies

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **veggies** and **a pinch each of salt and pepper**; cook, stirring occasionally, until softened and just starting to brown, 5–7 minutes. Transfer to bowl.



4. Sear plant-based chicken

Heat **1 tablespoon oil** in same skillet over medium-high. Add **plant-based chicken** and cook, without stirring, until well browned on one side, about 3 minutes. Stir and continue to cook until plant-based chicken is heated through, about 2 minutes more.

In a small bowl, whisk to combine **sweet and sour sauce**, **2 tablespoons water**, and **1 teaspoon cornstarch**.



5. Make sauce

To skillet, add **pineapple and juice**, **sweet and sour sauce mixture**, and **chili-garlic sauce**, if desired; bring to a simmer, stirring, until sauce thickens (about 30 seconds). Reduce heat to medium-low.

Return **veggies** to skillet and turn to coat. If sauce is too thick, thin out with **water**, 1 tablespoon at a time. Season to taste with **salt** and **pepper**.



6. Finish & serve

Coarsely chop **peanuts**. Coarsely chop **cilantro leaves and stems**.

Fluff **rice** with a fork and spoon onto plates. Top with some of the **sweet and sour plant-based chicken**. Garnish with **chopped peanuts and cilantro**. Enjoy!